

Contrail

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The Desires Of Your Heart—Psalm 37:1-5

By Chaplain (Lt. Col.) Floyd White III

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COVER: DROP ZONE

Airmen from the 227th Air Support Operations Squadron practice with gear that is designed to assist them in calculating Air Drop data at Fort Drum, N.Y. on August 19, 2012/ U.S. Air Force photo by Tech. Sgt. Matt Hecht

When people speak about their desires, this is the passage they often mention with zeal but not much genuine understanding. We love the idea that God will give us the desires of our heart. Unfortunately, when we focus only on receiving good things, we miss the Psalm's context, which is a divine promise with human obligations.

God's greatest interest is not to offer us a handout, but rather to give us more of Himself. Self-indulgent prayers overlook the first requirement for the promise's fulfillment: delighting in God. We are to take pleasure in time spent communing with Him. As we read Scripture and pray, we'll experience His work in our life, and our faith will deepen.

Over time, our growing trust in the Lord means that we begin to appropriate His ways of thinking. Then committing to His plan - the second requirement - reforms our heart's desires until they look like His preferences for us. Even so, sometimes

what God provides appears very different from what we requested. But when He hears our shortsighted appeals, He answers based on His infinite knowledge and great love. Instead of giving what we think we want, He bestows the perfect answer to our prayer.

God derives enjoyment from granting our requests, but His greatest joy is hearing us express an earnest desire to know Him better. The byproduct of delighting in God and committing to His way is receiving our heart's wishes. Our primary reward is a relationship with the God who offers to share Himself with humanity.



From Security Forces

The 177th Security Forces Squadron's Operation Crime Stop Program has been newly implemented. Crime Stop allows for anonymous reporting of suspected or actual crimes. Anonymous crime reports can include but are not limited to: suspicious activity, threatening acts or behavior, possession of weapons and the use or sale of illegal drugs. The dedicated phone line for Operation Crime Stop is 761-6223.

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A MESSAGE FROM THE WING COMMANDER

The Air Force acknowledges the delicate balance that each Airman must maintain in weighing their personal freedom of choice and their responsibilities as citizen Airmen. With this Presidential election cycle proving to be at least as contentious as those years passed, I would like to remind all Airman of the importance of complying with AFI 51-902 Political Activities by Members of the Air Force, and the Hatch Act. The Hatch Act, 5 U.S.C. 7321, delineates permissive activities and prohibits activities as it relates to Federal employees participation in the political process and is incorporated fully into this article.

The Air Force Instruction provides guidance for all those members seeking to participate in the electoral process. The following is an overview of some of the permissive activities and prohibited activities members should be aware of during this election cycle.

Members are encouraged to vote and express their personal opinions on specific candidates but should be mindful that these opinions should never appear to be those of the Department of Defense (DoD) or the Armed Services generally.

Members are permitted to attend partisan political rallies as spectators, while in civilian attire and not on duty. However, you may not speak before a partisan political event, ride, or march in a partisan political parade, or engage in partisan political fundraising activities regardless if on duty or not. This policy is grounded in the belief that military members should maintain neutrality in partisan politics due to the nature of our organizations.

Members are allowed to make monetary contributions to political organizations, parties, or committees, which favor

political candidates or a slate of candidates. Bumper stickers on personally owned vehicles are also allowed but they cannot be large signs. These support signs are not allowed in the work area or on base housing.

No political activities are permitted on base and it is advisable to limit any political discussions on base, as they are not generally permitted in the workplace. Additionally, Supervisors should be mindful that conversations they have with subordinates may be perceived as unduly influencing that subordinate to favor a certain political position or party.

Airman and DoD employees are also reminded that although social media outlets, such as Facebook and Twitter, provide an excellent source to post opinions, some of these opinions may be deemed inappropriate and could subject you to disciplinary action. The case of Sgt. Gary Stein, USMC, is an example of when how the balance of your personal freedom of expression is outweighed by your responsibilities of service to your country. In this instance, Sgt. Stein was critical of the Commander in Chief on his Facebook page and also posted a doctored photograph of the President. Sgt. Stein went before a board and it recommended an Other-than-Honorable discharge. Although strong arguments have been made that the current policy may not include all new social media outlets, the spirit of the regulations are clear - insubordination or besmirching members of your chain of command is detrimental to good order and discipline. It will not be tolerated and will give rise to disciplinary action.

Today's Airmen are expected to be successful at multi-tasking. Balancing your career and your political participation is no different. The Air Force Instructions provide the guidance necessary to ensure you are compliant. As with any regulation, there may arise certain questions that involve interpretation. The 177th FW Legal Office is here to assist you should an issue like this arises. However, you should seek that opinion PRIOR to taking any action.



Col. Kerry M. Gentry (right), Commander of the 177th Fighter Wing, meets with members of the Thunderbirds, the United States Air Force demonstration team. U.S. Air Force photo by Master Sgt. Shawn Mildren

KERRY M. GENTRY
Colonel, NJANG
Wing Commander

Thinking at 1,000 Miles Per Hour—A Week with the 227th ASOS

Photos and story by Tech. Sgt. Matt Hecht, 177th Fighter Wing Public Affairs

‘Thinking at 1,000 miles per hour’, the 227th Air Support Operations Squadron completed a week of grueling training at Fort Drum, N.Y., Aug 24.

The 227th is an Air National Guard unit assigned to the 177th Fighter Wing, Atlantic City, N.J., and is tasked with providing direct support for the New Jersey Army National Guard’s 50th Infantry Brigade Combat Team and Pennsylvania National Guard’s 2-28th Brigade Combat Team.

“As an ASOS unit, we work with the U.S. Army, which is a fluid entity – they are event driven, and we have to flex to that,” said Lt. Col. Albert Danza, commander of the 227th. “On the ground, you have to think at 1,000 miles per hour, because the game is constantly changing.”

Joint Terminal Attack Controllers (JTACs), and support personnel attended the weeklong training, which helped to sharpen their skills. JTACs personnel are qualified military service members who from a forward position, directs the action of combat aircraft engaged in close air support and other offensive air operations.

The training consisted of calling in air strikes, small unit tactics, drop zone coordination, firearms training and combat casualty care.

They got the opportunity to train with active duty and National Guard aircraft, as well as Soldiers from the 50th IBCT.

“I feel very strongly that we are a force multiplier,” said Tech. Sgt. Jose Almeida, one of the squadron’s experienced JTAC’s. “The things we do; the capabilities that we bring to the fight - utilizing fixed and rotary wing assets are key - and these rigors we encounter in training help us to

have a successful outcome on the battlefield.”

“When you’re in the cockpit, you’re insulated,” said Danza, as he offered his perspective from an air liaison officer’s point of view. “Seeing things from the ground is an eye-opener having been a pilot. I can better relate to what the pilots providing close air support see.”

“This is what it’s all about,” concluded Danza. “Trusting your training; thinking at 1,000 miles per hour.”



Members of the 227th ASOS pose for a group photo with forward air controllers from the 1/114th IN. (above). Tech. Sgt. Jose Almeida and Maj. Ernest Bio prepare for weapons training at Fort Drum (below).





Airmen and officers from the 277th and 20th Air Support Operations Squadrons take part in a moment of silence for Maj. David Gray, an Air Liaison Officer who was killed in action in Afghanistan.



Members of the 227th ASOS train on gear that is used in preparing for air drops (above). Tech. Sgt. Chris Donohue readies his radio for a morning of calling in air strikes at one of Fort Drums numerous training ranges (right).



Senior Airman Ethan Hugg, a TACP assigned to the 227th ASOS, takes cover behind a vehicle during a small unit tactics and tactical combat casualty care exercise on August 20.



Para-Docs

By Doc Savicky, 177th Wing Director of Psychological Health

Have you ever heard the expression: “Is the glass half empty, or half full?” There are actually two correct answers. The reason is that our perception is ours and we own perceptions. However we can choose our attitude and in turn influence our perception and remain correct.

This type of thinking is a daily process for most of us on an ongoing basis and is synonymous with the concept of perception vs. reality. Cognition is a term used to describe the way a person perceives the world around them. Through our development and early years, we are specifically and gradually conditioned to adopt the thinking of our parents and other caregivers and even people in our immediate surroundings. The exciting concept to be discussed is that behaviors, thought processes and perception modalities are learned and therefore can be changed and/or modified. The eminent father of psychology stated: “The greatest discovery in our generations that humans, by changing the inner attitudes of their minds, can change the outer aspects of their lives!”

Look around, have you ever wondered how some people seem to be able to breeze through the most challenging situations and interactions in life, making tasks, which others may think impossible, appear nearly effortless? So, if you find yourself perceiving circumstances in a negative way, you are correct, but you can change your perception. Remember that negative perceptions may have been learned and you can change or modify your thoughts. Oftentimes, we only have control over how we react to situations, which is caused by how we think about them. The diagram below describes what steps can be taken to obtain an improved outlook on life in a variety of situations.

Change in thinking or perception/Change in feeling/Change in behavior = Improved outlook on self and life.

Your perception or attitude of thinking is a big contributor to the negative outlook on life situations, and in psychology are referred to as Cognitive Distortions. They can also be viewed as self-defeating thoughts. Following are a sample of ten Cognitive Distortions. See if you have been trapped by any of them and can identify some of your own cognitive distortions. Also challenge yourself to modify any negative thoughts or perceptions that you may have:

All or Nothing Thinking: You see things in black and white categories. If a situation falls short of perfect, you see it as a total failure.

Overgeneralization: You see a single negative event, such as a romantic rejection or a career reversal as a never-ending pattern of defeat by using words such as “always” or “never” when you think about it.

Negative Mental Filter: You pick out a single negative detail and dwell on it exclusively, so your vision of reality becomes darkened—like the drop of ink that discolors a beaker of water.

Discounting the Positive: You reject positive experiences by insisting they don't count. If you do a good job, you may tell yourself “it wasn't good enough” or “anyone could have done as well.” Discounting the positive takes the joy out of life and makes you feel inadequate and unrewarded.

Jumping to Conclusions: You interpret things negatively when there are no facts available to support your conclusion.

Mind reading: Without verification, you arbitrarily conclude someone is reacting negatively to you.

Fortune telling: You predict things will turn out badly.

Magnification: You exaggerate the importance of your problems and shortcomings, or you minimize the importance of your desirable qualities. This is also called the binocular trick.

Emotional Reasoning: You assume your negative emotions reflect the way things really are.

“Should Statements”: You tell yourself things should be the way you hoped or expected them to be. You have unrealistic expectations of yourself or others.

Labeling: Labeling is an extreme form of all-or-nothing thinking. Instead of saying “I made a mistake,” you attach a negative label to yourself; for example, “I'm a loser.” You might also label yourself as a fool, failure, or a jerk. Labeling is quite irrational because you are not the same as what you do. These labels are useless abstractions leading to anger, anxiety, frustration, and low self-esteem. You may also label others. When someone does something that rubs you the wrong way, you may tell yourself “He's a jerk.” Then you think the problem is with that person's character or essence instead of with their thinking or behavior. You see them as totally bad. This makes you feel hostile and hopeless about improving things and leaves little room for constructive communication.

Personalization and Blame: Personalization occurs when you hold yourself personally responsible for an event that isn't entirely under your control. Personalization leads to guilt, shame, and feelings of inadequacy. The same people do the opposite. They blame other people or their circumstances for their own problems and they overlook ways that they might be contributing to the problem. Blame usually doesn't work very well because other people will resent being a scapegoat and they will just toss the blame right back in your lap.

Remember, you have control over your thoughts or you are a victim of your circumstances. If you would like more information on Cognitive Distortions and how you can positively transform your thoughts and outlook on life, please contact me or come on over for a confidential meeting and a cold beverage during the week or on a UTA my friend.

Commander's Ride "Tricked Out"

Photo and story by Lt. Col. James Garcia



The next time you see the Wing Commander's staff car driving by on base, you'll notice a special addition to the front grill. The new blue and silver Wing Commander license plate, which includes the distinctive eagle rank boldly emblazoned in the middle, is the latest effort by members of Vehicle Operations to upgrade and improve the appearance of the unit's fleet.

Staff Sgt. Nicholas Lanthier, a Vehicle Operations Specialist in the 177th Logistics Readiness Squadron, specially ordered the license plates as part of an ongoing effort to provide quality transportation support to unit staff and visitors. Other plates recently received include higher ranks and sister service ranks for distinguished guests. With frequent visitors to our base ranging from the Adjutant General to general officers from other services, we are now ready to demonstrate pride in our military culture with these emblems of respect. In fact, Lanthier had the opportunity to display the new two-star Air Force vehicle plate when the Commander of the New Jersey Air National Guard, Maj. Gen. Maria Falca-Dodson, visited our base as part of her retirement farewell tour last month.

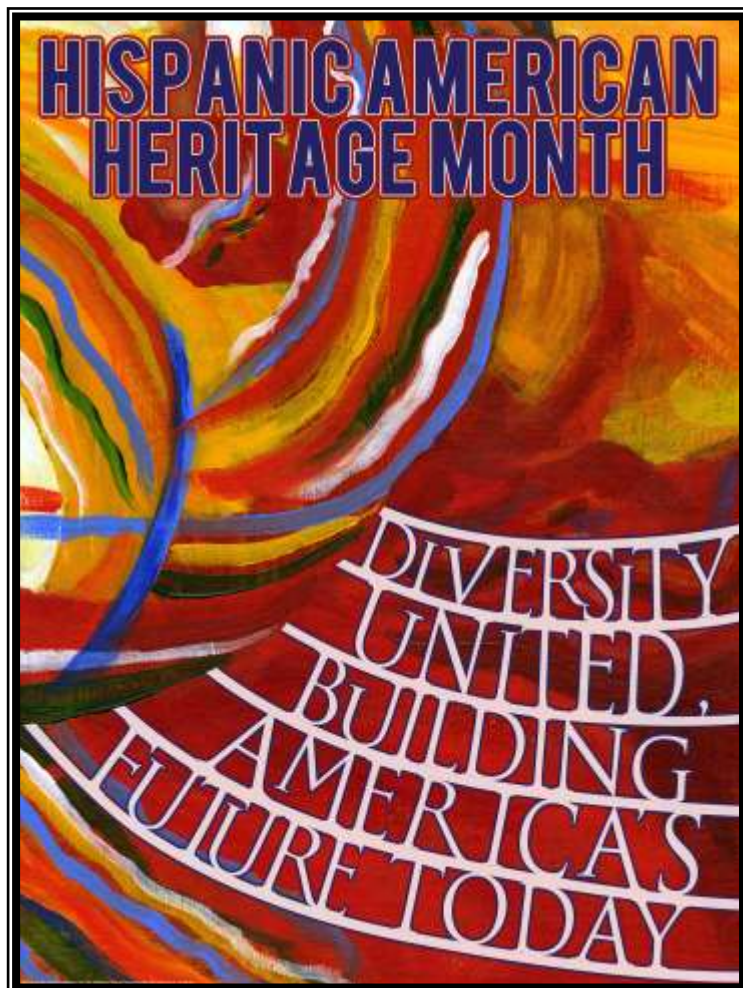
Whether it's the staff car, van, pickup or bus, Vehicle Operations shows their pride every day by providing trained and experienced drivers and safe, clean, properly-serviced and mission-ready vehicles to support unit requirements. Together with Vehicle Maintenance, they ensure that every ride is a safe and comfortable one. What most of us don't see, however, is the hard work and effort that goes behind keeping the vehicle fleet running and ready. We can all help to keep this process running smoothly by remembering to request vehicles in a timely manner, providing and filling out all required forms, operating the vehicles according to guidance, and returning them clean and gassed up.

According to Air Force Instruction 1-1, Air Force Standards, "You salute the President, the Vice President, Secretary of Defense, Service Secretaries, and senior officers in vehicles when distinguished by vehicle plates and/or flags." With our latest additions to the front bumper, it will be easier to spot these vehicles as they're coming down the road.

So the next time you see the staff car approaching – and the commander's license plate is displayed – remember our customs and courtesies, and render a proper salute. Extend the same courtesy to any fleet vehicle with plates displayed for other senior ranks as well, regardless of service branch. 🇺🇸



Staff Sgt. Nicholas Lanthier poses with the upgraded Wing Commander's staff car, emblazoned with new plates signifying the commander's rank. Courtesy photo



2012 Thunder Over the Boardwalk Roundup

Photos by Master Sgt. Shawn Mildren



U.S. Air Force F-4 Phantoms and a P-51 Mustang participate in the USAF Heritage Flight.

A U.S. Air Force Thunderbird pilot prepares to depart the 177th Fighter Wing in his F-16C Fighting Falcon.



AIR SHOW PHOTOS CONTINUED



A U.S. Air Force B-1B Lancer makes a surprise appearance at the Thunder Over the Boardwalk Air Show.



The Thunderbirds perform at the Thunder Over the Boardwalk Air Show.

A BAD WORKOUT IN THE FITNESS ROOM...

Story by Master Sgt. Patricia Hughes, 177th Public Health

Did you know that there is such a thing as “a bad work out?” Yes, the 177th has a small base fitness room with a variety of exercise equipment that can help members stay in shape! However there are certain safety rules and health standards to follow to ensure a good workout. The single most important matter for a good workout is, of course, safety. Proper use of equipment and knowing what to do in the event of an emergency is a must.

Know how to use the equipment properly. Failure to use the equipment in an ergonomically correct way could do more harm than good.

Know where the automated external defibrillator [AED] is, how to use it and know the emergency number in the event someone is critically injured. The emergency number is 6911.

Set a goal and go for it.

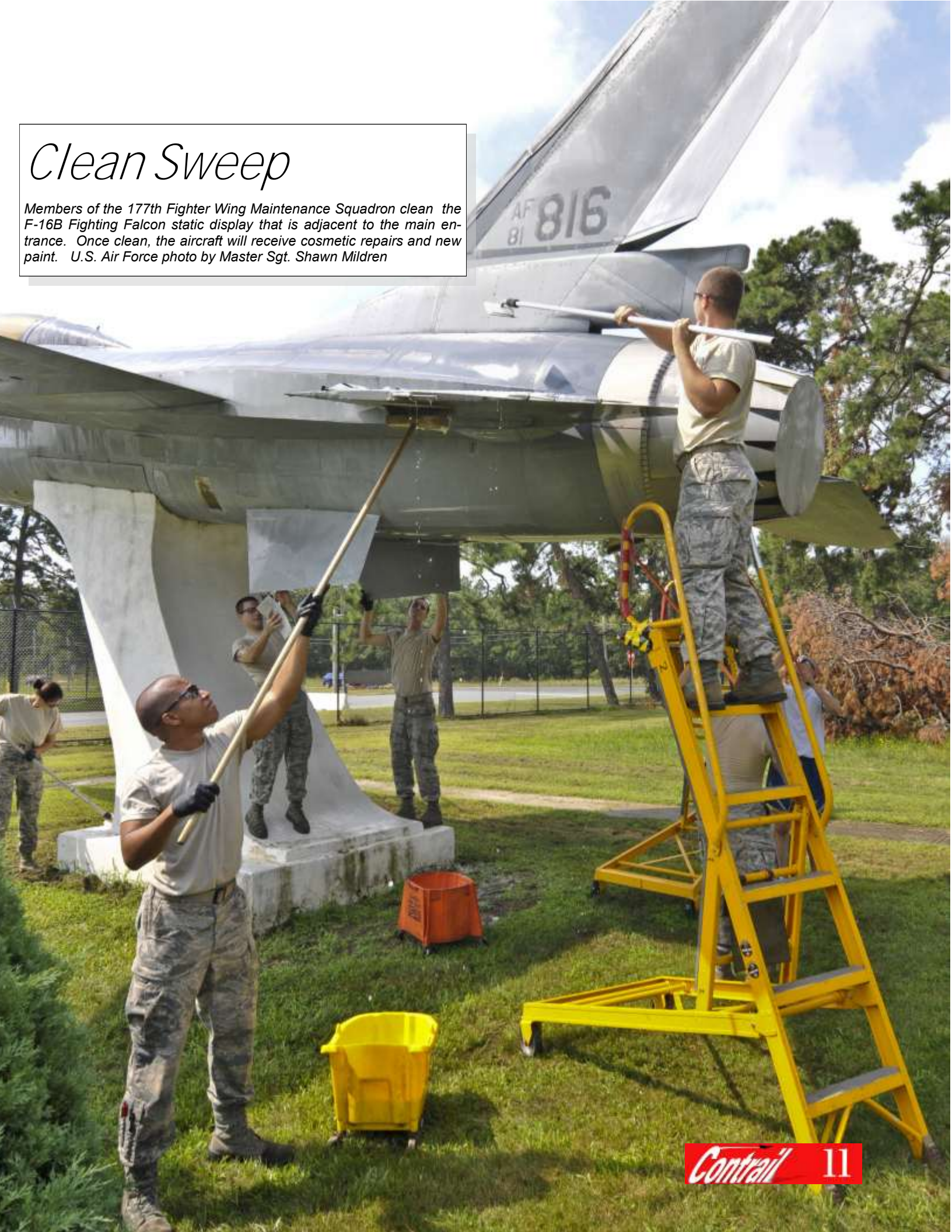
Clean the sweat off the equipment after use with a proper towel and solution.

It is mandatory to bring your own towel.

Having a good workout in the fitness room can be beneficial to everyone just by following simple etiquette rules that basically apply to any other fitness area. Ensure safety measures are being followed and always use a personal towel which is a mandatory item for all fitness room members. Remember the use of our 177th Fitness Room is a privilege. Do your part to help keep the area in good repair.

Clean Sweep

Members of the 177th Fighter Wing Maintenance Squadron clean the F-16B Fighting Falcon static display that is adjacent to the main entrance. Once clean, the aircraft will receive cosmetic repairs and new paint. U.S. Air Force photo by Master Sgt. Shawn Mildren



A Message to the 177th FW from the Outgoing NJANG/CC

As we proceed with this orderly transition to new leadership in the NJANG, I want to take this opportunity to convey my appreciation to all the members of the NJANG at State HQ and in the 108th WG and the 177th FW. Life is constantly changing but as long as we look forward, most of the changes in our lives are positive and the challenges only speed bumps that we can learn from.

You the men and women of the New Jersey Air National Guard are part of the finest, bar none, fighting force in history. Time and again our U.S. Military has proven that fact. You are part of an elite group in our American society and you are and always will be unstoppable. I repeat, unstoppable. Your leadership is well prepared for their responsibilities. They are combat tested and command focused on you, their airmen. I leave with full trust and confidence in their abilities.

You have successfully deployed more than 7760 times just since 2001 and some before. You have passed what seems like hundreds of inspections with flying colors, you have supported the State's domestic missions and come to the aid of your communities in floods, snowstorms and acts of terrorism. You have converted aircraft, accessed new missions and increased your strength to over 100% for the last three years, quite an accomplishment for a northeast state and one of only 3 in the nation. And in your primary missions, just since 2001, you have flown more than 30,600 hours and 8,000 sorties to support OEF/OIF/ONE.

Your persistence and warrior spirit will convey a compelling case for future missions in the New Jersey Air National Guard. You, the airmen of the 108th WG and 177th FW, have been the most important part of my entire professional career—both civilian and military. It has been inspiring and humbling to have been allowed to serve with all of you. Most of all, it has been an honor and a privilege.

Thank you for your patriotism, your service and your willingness to prevail in spite of the politics and the ever present danger from our nation's adversaries. You certainly don't do it for the glory, the honor or the money. You do it because of dedication to our Nation and our democratic ideals, and for that I render a final salute. I would end with God Bless the United States of America, but God has already blessed the United States with all of you.

MARIA A. FALCA-DODSON

Major General, NJANG

Commander





U.S. CHAMBER OF COMMERCE

HIRING OUR HEROES

2012 Hiring Our Heroes Veterans Event - Ocean City, NJ

The Ocean City Music Pier

801 Boardwalk at Moorlyn Street, Ocean City, NJ

October 11, 2012

9:00 AM to 12:00 PM

Join us **October 11, 2012** from **9:00 AM to 12:00 PM** for a hiring fair for veteran job seekers, active duty military members, Guard and Reserve members, and military and veterans spouses at The Music Pier, 801 Boardwalk at Moorlyn Street, Ocean City, NJ. This event will be a one-of-a-kind **FREE** hiring fair for both employers and job seekers.

Employers

Must register for **FREE** at
HoH.GreatJob.net

Job Seekers

Register for **FREE** at **HoH.GreatJob.net**
To guarantee admission.
Walk-ins welcome but space not guaranteed.

This hiring event is being sponsored by The American Legion, Cape May County, hosted and cosponsored by the Morvay/Miley Post 524, Ocean City, NJ, and is conducted by the U.S. Chamber of Commerce, The American Legion, the Department of Labor's Veterans' Employment and Training Service (DOL VETS), the New Jersey Committee of the Employer Support of the Guard and Reserve (ESGR), the New Jersey Department of Labor and Workforce Development, NBC News, and other local partners.

If you need assistance registering, please contact us at hiringourheroes@uschamber.com.



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Patrol Over Afghanistan, Dec 2011
177th Fighter Wing, NJANG "Jersey Devils"

